

Pursuing your passion

A CREATIVE GUIDE TO FINDING OUT WHAT YOU LIKE

ELLE LUNA

The information, guidance and activities were taken from Elle Luna's skillshare workshop. You can find out more by reading her book:

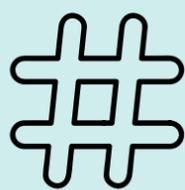
A journey to the crossroads of should and must

Each of these activities will take 10 minutes

GOOD STUFF



Open your camera roll and take the last 50 photos that aren't from a social event or of people in your life. Now print these out (6 per page) and cut them into squares.



WHO ARE WE FOLLOWING

Go to your instagram or twitter. Look at the last 15 people that you followed. Now on pieces of card write their handle and then two words to describe the emotion of their account.



CALL YOUR MUM

Call someone who knew you when you were a child and ask them what you were like. Write these down on small cards. This could be your mannerisms or what you enjoyed doing.



BOOKS BOOKS BOOKS

Stand in front of your books or go to a bookshop. Run your hands across the books and imagine that one of them has a hidden clue for you. Select one book and open it to a page that speaks to you. Now flick through the pages and trust that you will be shown the clue. Pick a page. Now read the paragraph or surrounding paragraphs and write down key words or sentences that jump out onto separate pieces of paper.

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SO NOW YOU HAVE A BUNCH OF CARDS

With these cards, look for patterns, themes and connections. Now group them into 4 main themes. Stick or pin them to your wall, grouped in the themes. You can pick a fun title for each group.

Each of these activities will take 10 minutes



50,000 FEET VIEW

Take a step back and look at all of your cards. Do you want to move any into different groups? Do you want to add anything? A word, a sense, a picture?



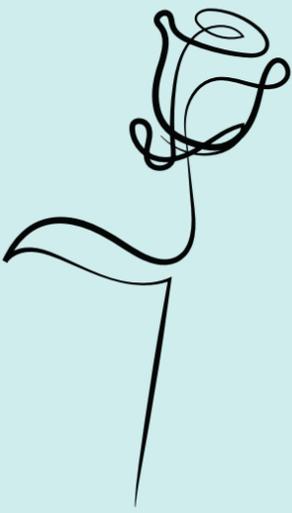
RANK IT

Now consider, which group do you feel most drawn to? Which group do you feel is important to you and which is less so. Write 1, 2, 3, 4 next to each group. You can change this later on if you want. Perhaps write it on a card instead of the wall!



NORTH STAR

Pick one category that you feel drawn to and intrigued by. This could be lots of pictures of food or art or plants or the colour blue. It will be personalised to you!



TAKE YOURSELF ON A DATE

With the category that you have now selected try to find an activity that you can do on a date with yourself. So, if its very plant based, go for a walk in nature or go and do some gardening. If it's a lot of interior design, jazz up your space. If it's a lot of food then find a new recipe or one that you love and cook it. Then start trying things, connect with the images on the wall by bringing them to life. They don't have to be big or expensive, and you might feel a bit silly, but just give it a go!